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Monday, March 21, 2016 www.metro.us | t: MetroNewYork | f: MetroNe

DRESS LIKE A #BOSS

Rachel Roy talks spring style at work. 24



Spring is finally here, and
it will feel like it. 2



'Big Bang Theory' actress Melissa
Rauch shows her wild side. 22

EMERGING FROM THE SHADOWS OF THE BLACK MARKET

The Street Vendor Project is calling for the end of the
criminalization of food vendors throughout the city. 4



GETTY IMAGES

3 THINGS YOU NEED TO KNOW

CUBA ROLLS OUT RED CARPET FOR HISTORIC OBAMA VISIT

I President Barack Obama embarked Sunday on a historic trip to Cuba where a Communist government that vilified the United States for decades prepared a red-carpet welcome. Lifting off from Andrews Air Force Base outside Washington, D.C., Obama headed for Havana where the sight of Air Force One, America's iconic presidential jet, touching down on Cuban soil would have been unimaginable not long ago. The three-day trip, the first by a U.S. president in 88 years, is the culmination of a diplomatic opening announced by Obama and Cuban President Raul Castro in December 2014, ending a Cold War-era estrangement that began when the Cuban revolution ousted a pro-American government in 1959. **REUTERS**



SOME US MARINES ON GROUND IN IRAQ TO FIGHT ISIS: US MILITARY

2 A detachment of U.S. Marines is on the ground in Iraq to support U.S. and coalition efforts against Islamic State, the U.S. military said Sunday. A group of Marines from the 26th Marine Expeditionary Unit (MEU) will add to the U.S. forces already in Iraq battling Islamic State, it said. The 26th MEU is currently deployed in the U.S. 5th Fleet area of operations, which covers the Persian Gulf, Red Sea, Arabian Sea and parts of the Indian Ocean. **REUTERS**



RUSSIA MOURNS PLANE CRASH VICTIMS AS INVESTIGATION BEGINS

3 Relatives gathered to mourn the 62 victims of a passenger jet crash in southern Russia on Sunday and officials warned an investigation could take weeks to determine the cause of the downing. At Rostov-on-Don airport about 400 people paid their respects to the 55 passengers and seven crew who died when the Boeing 737-800, operated by Dubai-based budget carrier Flydubai, crashed in the early hours of Saturday. Bereaved relatives laid red and white carnations on a growing pile of flowers, candles and children's toys, framed by photos of the dead. "We mourn," read an inscription listing the victims' names. "What happened cannot be expressed with any words. I can't comprehend how the relatives of the victims will go on living," Rostov resident Marina Bondar told Reuters. **REUTERS**



GETTY IMAGES

BOLARIS' WEATHER WATCH: SPRING SNOW MOVES OUT, Milder TEMPERATURES AHEAD

Bolaris' Weather Watch



JOHN BOLARIS
@weathersavior

Waking up this morning, some of you will be shoveling a heavy, wet snow while others will be skipping along to work with no snow.

The coastal snowstorm is now off the Southern New England coast and pounding a good chunk of New England with heavy, wet snow as late-season skiers rejoice.

In the storm's wake, a blustery first Monday of spring will have us reaching for the winter coats this morning.

We really can't complain too much this winter season. Despite the January blizzard, much of this winter has been snow-free and will go down as one of our milder winters; thank you, El Niño.

By Wednesday the thermometer will begin

to surge as the 60s become common once again, except along the coastal locations, as the chilly Atlantic will put a lid on the temperature rise.

Your second half of the week should be on the milder side of the ledger as well, with readings still in the 60s. Expect a cool front to start pushing through on Friday with the chance of a few showers.

Watching the potential for a frog choker (that just means heavy rains; personally, I love frogs), arrival time for one looks like the second half of this upcoming weekend.

New York

Today: Snow pulling away from Eastern Long Island. Sunshine returning, very windy and chilly with a high of 46.

Tuesday: Sun and clouds, brisk and cool with a high of 49.

Wednesday: Temperatures on the rise, with sunshine. High of 62.

Thursday: Windy and mild with a high of 65.

Friday: A few showers scattered about. High of 61.

Saturday: Dry, cooler, with a high of 56.

Sunday: Potential for heavy rains, with a high of 60.



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City street vendors demand drastic changes, to hold parade celebrating their work

After the city put a cap on the number of vendors decades ago, thousands currently pay up to \$25,000 to rent permits off the black market system.



ANGY ALTAMIRANO
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Street vendors from across New York City are getting together next month to unite their voices and ask the city they serve to make a change.

The Street Vendor Project — a membership-based project which is part of the nonprofit Urban Justice Center — is holding a Vendor Power Parade on April 26 outside of 250 Broadway where vendors from the five boroughs will gather to celebrate the diversity of the group but also call for the end of the criminalization of vendors throughout the city.

According to Elise Goldin, senior organizer for the Street Vendor Project, for the past few decades the city has put a cap on the number of vendor permits allowed.

There are a total of 3,000 permits issued to food carts and trucks year-round and 1,000 seasonal — a number which hasn't changed since 1981, according to the New York Daily News.

Because of this, many



Street vendors protested last September calling for the removal of the permit caps. STREET VENDOR PROJECT

“[The vendors] deserve the right to be working without buying into the black market and without fear of being ticketed.”

Elise Goldin, of the Street Vendor Project

vendors now pay up to \$25,000 to rent permits off the black market system from those who have been granted permits for a certain amount of years.

“The parade is to celebrate vendors and to demand the legalization of the work in the street,” Goldin said. “[The vendors] deserve the right to be working without buying into the black market and without fear of being ticketed.”

Goldin added that for some vendors the cost of the permit is not a problem, but the majority — who are undocumented or of lower income — the permits are just too much. Vendors also run the risk of being arrested or ticketed while on the street because some decide to work without any permits or licenses.

The city also knows that vendors purchase the black market permits, according to Goldin, and it really is the only way for thousands to be able to work on the streets.

“We’re really about uniting all vendors and showing that the current system does not work for anybody,” she said. “What is happening in the city with street vendors is not fair.”

In hopes of making their voices heard to the City Council, who must tackle the issue first, the group of vendors — ranging from food to merchandise merchants — will march at 2:30 p.m. in front of 250 Broadway on April 26.

The group will call for the ending of the black market, For those who

are currently working on the street to be given permits and to change the laws ending alienation of the vendors.

“We really want to show the city that vendors are people to be celebrated,” vendors show the diversity of the city,” Goldin said. “End that black market and actually bring all of the vendors into regulation, which will make the city a safer place.”

Hulya Sevindik will be one of the many merchants taking to the streets next month during the parade and hopes the city will listen to their pleas for change. “I want the city to be a little bit nicer with us because we are serving the people,” Sevindik said. “I want the city to listen to us, do something for us.”

The Turkish native has been working alongside her husband in Manhattan for the past 14 years selling fruits and vegetables on 14th Street.

And although she said she feels great working with her husband and being able to interact with the customers, having to pay thousands for a black market permit makes it



impossible to have a life.

She added that she and her husband refrain from buying themselves clothes and shoes in order to purchase their 14-year-old son something and oftentimes have difficulty making rent. In 2003, Sevindik was also diagnosed with multiple sclerosis.

“We cannot enjoy our lives, we cannot do anything. Nothing is left over, I’m trying my best to bring some money home. I’m trying my best to have my home,” she said. “If we are lucky we are paying the rent. We are having a very difficult time.”

The couple rent a permit for a total of six months and often can-

not rent the permit again because they do not have enough money to purchase one.

Sevindik added that along with getting rid of the black market, she hopes the city will revisit the number of permits given out and grant one-year permits in which everyone must renew per year.

“I want the city to do something that is fair for everybody, not only for us,” she said. “Everybody is having difficulty.”

The Street Vendor Project also started a petition online where people can show their support for lifting the cap on vendor licenses and permits.

3K

THERE ARE A TOTAL OF 3,000 PERMITS ISSUED TO FOOD CART AND TRUCKS YEAR-ROUND

1K

1,000 PERMITS ARE ISSUED EACH SEASON

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VENDORS NOW PAY UP TO \$25,000 TO RENT PERMITS OFF THE BLACK MARKET SYSTEM

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Anti-Trump protesters march in New York

Multiple people were arrested during the anti-Trump demonstrations.

Protesters rallied outside of Trump Tower in Manhattan Saturday to voice their opposition to the front-runner for the Republican presidential nomination.

Trump has come under fire from rivals for fueling unrest with his rhetoric. This week, he warned of riots if Republicans denied him the nomination at the party's convention.

In Trump's home city of New York, about 1,000 demonstrators marched from Central Park to Trump Tower, the billionaire developer's signature building on Fifth Avenue.

The crowd of mostly young people chanted and carried placards denouncing Trump. Some said police used pepper spray on them as they marched from the park.

Police were seen taking at least one person into custody. A spokesman for the New York Police Department could not immediately confirm whether any arrests were made or whether pepper spray was used.

'PEOPLE WHO LOVE HIM'

Arizona, where political parties will hold primary



Republican presidential candidate Donald Trump GETTY IMAGES

elections on Tuesday, also saw Trump protests over the weekend. Arizona shares a long stretch of border with Mexico, and is a flashpoint for the issue of illegal immigration into the United States.

Trump has made illegal immigration of his

campaign, earning the endorsement of Joe Arpaio, the outspoken sheriff of Maricopa County.

"Donald Trump has the right to be heard by the thousands of people who love him, support him and want him to be president of the United States," Arpaio told CNN.

Later, the sheriff, wearing civilian clothes, introduced Trump at a rally.

Trump rallies have grown increasingly unruly as the months-long campaign has progressed. An event in Chicago a week ago was canceled after protesters

swarmed the venue.

Last weekend, a man was arrested when he attempted to rush the stage where Trump was addressing a rally in Ohio. In another incident, a man who was caught on video punching an anti-Trump protester in the face at a

North Carolina rally was arrested and charged with assault.

Trump leads in opinion polls ahead of Arizona's March 22 primary, according to a Real Clear Politics polling average, leading Sen. Ted Cruz of Texas by 13 percentage points. REUTERS

Cops arrest taxi driver connected with fatal hit and run

Police have arrested a taxi driver they said struck a woman in Manhattan and then drove off.

On Sunday, 68-year-old John Bangura was charged with leaving the scene of an accident resulting in death.

The incident hap-



NYC taxi GETTY IMAGES

pened early Saturday morning just after 3:30 a.m. at First Avenue between 16th and 17th

streets in Gramercy Park.

The woman, Kenya Flores, was lying on the

street when Bangura ran her down and drove off, according to police.

It is not clear why Flores was lying in the street.

She was taken to Bellevue Hospital, where she was pronounced dead.

LENYON WHITAKER

BRIEF

New York man, woman arrested for porn involving 16-month-old baby

A New York state man and woman alleged to have produced pornography using a 16-month-old baby were ordered held without bail on Saturday, authorities said.

The suspects — Jason Kopp, 40, of Liverpool, and Emily Oberst, 23, of Syracuse — were arrested by FBI agents on Friday, the U.S. Attorney's

Office for New York's Northern District said in a statement.

They were charged with making and distributing child pornography involving the infant, it said. U.S. Magistrate Judge Andrew Baxter ordered them held without bail.

If convicted of the charges of making and distributing child pornography, Kopp and Oberst each face a maximum sentence of 50 years in prison, prosecutors said. REUTERS

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Dr. Kordai DeCoteau, DPM



Dr. Robert Bello, DPM

Man slashes three people with machete outside Queens restaurant

Police said the attack happened outside Cibao's Restaurant at Northern Boulevard and 105th Street.

LENYON WHITAKER
@MetroNewYork
letters@metro.us

Police are searching for a man who slashed three people with a machete Sunday morning.

The incident happened outside Cibao's Restaurant at Northern Boulevard and 105th Street in Jackson Heights around 4:50 a.m., according to the New York Daily News.

NY1 reported a 24-year-old man got into an argument with someone about his girlfriend.

The man left the eatery and waited outside



A street view of Cibao's Restaurant GOOGLE MAPS

for the three men to come out.

The three men — ages 20, 23, and 32 — were all slashed and taken to New York Presbyterian Hospital for treatment.

Police are searching for the 24-year-old suspect.

The incident comes in the wake of a rash of recent public knife slash-

ings in New York City. The horrendous crimes do not seem to be connected, according to police.

Anyone with information about this incident should contact the Crime Stoppers hotline at 1-800-577-TIPS, or text CRIMES and then enter TIP577, or visit NYPDCrimestoppers.com.

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New York banana mogul convicted of embezzling retirement funds

Thomas Hoey had already been sentenced to 12 years in prison for running a cocaine distribution scheme.

A former Long Island banana importer already convicted of engaging in a cocaine distribution scheme was found guilty on Friday of stealing more than \$750,000 from his employees' retirement plan.

Thomas Hoey, 48, owner of now-bankrupt Long Island Banana

Corp., was found guilty by a federal jury in Manhattan on charges including pension embezzlement and wire fraud, federal prosecutors said.

Dominic Amorosa, Hoey's lawyer, said his client "is disappointed in the verdict and intends to appeal." At trial, he argued the money was not stolen but was borrowed by the company, which was facing financial problems.

Hoey's conviction came less than a year after he was sentenced to 12½ years in prison after pleading guilty to running a cocaine distribu-

tion scheme that authorities said led to the death of a woman who joined him in a three-way sex party.

The April 2015 federal sentence came two months after Hoey was ordered to serve one to four years in prison for beating his girlfriend in 2012. A state court jury found him guilty of third-degree assault and tampering with evidence in that case.

In the latest case, prosecutors said that from 2009 to 2012, Hoey transferred almost all of the assets in his company's employee benefit plan to corporate accounts.

Assistant U.S. Attorney Kristy Greenberg said in her opening statement that Hoey then used the money to pay for the company's expenses and "to line his own pockets."

REUTERS



GETTY IMAGES

\$750K

THOMAS HOEY, 48, WAS FOUND GUILTY OF STEALING MORE THAN \$750,000 FROM HIS EMPLOYEES' RETIREMENT PLAN.

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P&G

BRIEF

Legal experts: Gawker could still win Hulk Hogan case despite \$115 million verdict

The \$115 million a Florida jury awarded to Hulk Hogan on Friday may seem like a big blow to the website Gawker, but the media company could ultimately prevail in its court battle with the flamboyant wrestler, legal experts say.

Hogan had sued the website for posting a video clip in 2012 featuring him having sex with

the wife of his then-best friend, the radio shock jock Bubba "The Love Sponge" Clem.

Both sides cast the case as a crucial test of the balance between the right to privacy and freedom of the press in the digital age, when a celebrity sex tape can reach millions of viewers with one click of a button.

"The jury's decision is somewhat of a black box," said Mary-Rose Papandrea, a University of North Carolina law professor

who previously represented the National Enquirer, a tabloid known for its aggressive reporting on celebrity scandals. "It will be much more interesting and much more important as a legal issue to see what the appellate court says."

Hogan had argued that Gawker ignored basic journalistic ethics by failing to contact him before publishing and violated his privacy by including several seconds of explicit

sexual activity as part of the video excerpt it posted.

"What's disturbing about Gawker isn't what they do in a vacuum," said Kenneth Turkel, one of Hogan's lawyers, during his closing argument. "It's how proud they are of it."

Gawker countered that Hogan's own penchant for publicly describing his sex life in detail had made the sex tape fair game.

REUTERS



Protesters blocking traffic outside Phoenix. TWITTER/RAFAEL CARRANZA

Anti-Trump protest blocks Arizona road

Demonstrators briefly shut down an Arizona highway leading to a campaign rally for Donald Trump on Saturday while protesters rallied outside of Trump Tower in Manhattan to voice their opposition to the front-runner for the Republican presidential nomination.

Television news footage of the demonstration outside Phoenix showed dozens of protesters blocking traffic while holding signs that read "Dump Trump" and "Shut Down Trump."

The demonstrators eventually started marching down the highway. Later, some were seen nearing the rally at Fountain Hills, Arizona, before Trump arrived.

Three people were arrested, according to police in Maricopa County, where Joe Arpaio, a well-known critic of U.S. immigration policy and an ardent Trump supporter, serves as sheriff. Arpaio introduced Trump at the Fountain Hills event.

Video posted on news website Arizona Central's Facebook page showed a truck driving through a large group of protesters. Officers from the county police department worked to clear demonstrators from the motorist's path.

A woman is seen crying and shouting for officers to take responsibility to stop the

"They arrested three people and everybody else left... They left!"

Trump said to roaring cheers from the audience.

vehicle, while a deputy sheriff shrugs at the suggestion.

Later at a rally in Tucson, Arizona, Trump said the protests were "disgraceful," and thanked police.

"I love our police, but we should do a little bit more of that, you'd have a lot less protesters, you'd have a lot less agitators," said Trump, who is favored to win his party's nomination for the Nov. 8 presidential election.

Several demonstrations also broke out during the later rally, prompting police to escort out a number of people.

Footage of the Tucson rally shows an attendee punching and kicking one demonstrator who is being escorted out. The clip also shows police removing the attacker.

Trump has come under fire from rivals for fueling unrest with his rhetoric. This week, he warned of riots if Republicans denied him the nomination at the party's convention.

REUTERS

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<input checked="" type="checkbox"/> Spider Veins	<input checked="" type="checkbox"/> Itching
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Belgian police hunt for Salah Abdeslam. GETTY IMAGES

Three people found dead in Pennsylvania Turnpike toll booth

Three men were found dead on Sunday at a Pennsylvania Turnpike toll booth west of the state capital of Harrisburg, authorities reported, and local news media reported that at least one of them was a toll booth collector who had been fatally shot.

Fulton County Coroner Berley Souders confirmed that three people were found dead at around 7:15 a.m. All three victims were males, he said. He declined to provide additional information.

At least one toll booth operator at the

turnpike's Fort Littleton exit in Fulton County, about 65 miles west of Harrisburg, was fatally shot in what appeared to be an attempted robbery, turnpike officials told local media.

None of the victims have been identified. Souders did not say

whether any of the victims were toll booth operators.

State police were in charge of the "complicated investigation scene," a state Turnpike Commission spokesman, Carl DeFebo, said in an interview.

REUTERS

Captured Paris suspect may have planned more attacks

Didier Reynders, speaking two days after the capture of Salah Abdeslam, said the suspect's first statement to a magistrate in Brussels suggested further attacks were planned.

The prime surviving suspect in the Paris attacks may have been plotting more operations with the help of a weapons cache and a network of associates, Belgium's foreign minister said on Sunday.

"He was ready to restart something from Brussels," Reynders told a think-tank event. "That is maybe the reality, because we have found a lot of heavy weapons and we have seen a new network around him."

Reynders said Belgium and France had so far found around 30 people involved in the gun and bomb attacks that killed 130 people on Nov. 13 in bars, a sports stadium and a concert hall in the French capital.

Capturing Abdeslam alive marks a breakthrough for authorities investigating the deadliest militant strikes in Europe since 2004. Islamic

State has claimed responsibility, and the United States warned on Sunday that it would try to repeat such atrocities.

The 26-year-old French national told a Belgian magistrate on Saturday he had planned to take part in the stadium attack. The admission was disclosed to reporters by the lead French investigator, Francois Molins.

At a Paris news conference on Saturday, Molins read from Abdeslam's statement, saying: "He wanted to blow himself up at the Stade de France and, I quote, backed out."

Abdeslam's lawyer Sven Mary said on Sunday he would sue Molins for making the comment public, calling it a violation of judicial confidentiality.

"I cannot let this pass," Mary told Belgian state broadcaster RTBF. Mary's office was not available for comment, but RTBF said he would start legal proceedings on Monday.

Abdeslam, who was shot in the leg and caught by police in Brussels after an intense four-month manhunt, spent his first night in a high security prison in the northwestern Belgian city of Bruges. He is due to appear before a judge in Brussels on Wednesday. REUTERS

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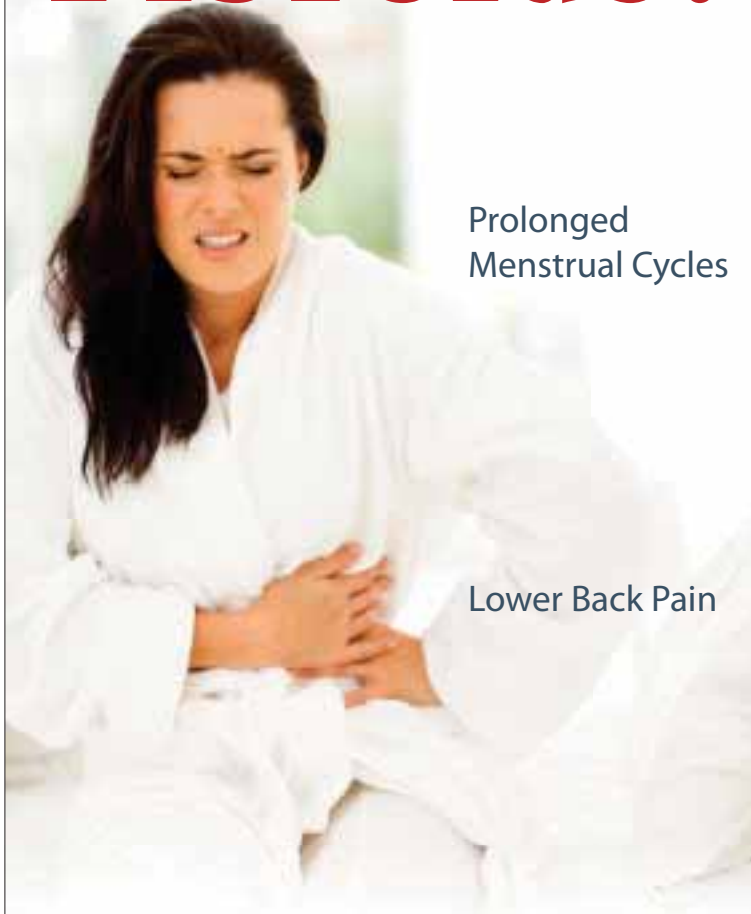
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RACE FOR THE WHITE HOUSE

Trump refuses to condemn violence at his election rallies

Scenes of mayhem have become increasingly common at Trump's rallies, which have been frequently interrupted by protesters.



Donald Trump GETTY IMAGES

Donald Trump said that "professional agitators" bore much of the blame for violence at his rallies as video showed a protester being beaten and another apparently being grabbed by Trump's campaign manager.

Speaking on ABC's "This Week", Trump defended campaign manager Corey Lewandowski and declined to condemn supporters who have at-

tacked protesters at his increasingly chaotic rallies.

Nor did he back down from his warning that there would be riots in the streets if the Republican Party denied him the nomination for the November election, despite his being the most popular candidate among Republican voters.

Senior figures in the party are openly plotting to prevent Trump from becoming the nominee because they view him as insufficiently conservative, and Trump was due to privately meet with some party leaders in Washington on Monday, the Washington Post reported.

"I don't know what's going to happen, but I will say this, you're going to have a lot of unhappy people," he said on "This Week," predicting anger at the party's national convention in July should someone else end up the nominee. "I don't want to see riots, I don't want to see problems. But you're talking about millions of people." REUTERS

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TODAY!

**RACE FOR THE WHITE HOUSE****‘UNITE OR DIE’**

Most of the time D.C. is full of intrigue, vicious backbiting and petty disagreements, but there are the bad days, too. Right now both parties are dealing with nasty family feuds. Fixing the fractures before the general election is essential to victory, and that leads my three things to watch this week in politics.

TOM FOREMAN*Opinion*

CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."

**1. TRUMP STUMPERS**

Twice now the 2012 GOP presidential nominee, Mitt Romney, has thrown himself across the tracks to derail the Donald Trump train. So far, nada. The mainstreamers are getting ever more panicked over the idea Trump could be their nominee. So you'll hear even more talk this week about a "unity ticket." The idea is to unite all the Repubs who are against Trump behind a single challenger and force a contested convention. But either Kasich or Cruz has to abandon the race to make it work, and neither seems inclined to do so. Stay tuned ... and uh, stay off the tracks.

2. CLINTONIAN CAUTION

The rift between Dems does not seem nearly as deep, but it is worrisome anyway. Hillary Clinton's camp is virtually certain they have the nomination wrapped up, but they'd like a

strong showing in the western state primaries on Tuesday to seal the deal. After all, the sooner she can officially send Bernie Sanders home, the sooner she can start making nice with his followers. And she'll need them this November, especially if the GOP hits her as hard as expected.

3. MEANWHILE, BACK AT THE WHITE HOUSE

President Obama and his surrogates will continue pressing the case for a Senate hearing on his Supreme Court nominee, and they'll keep accusing the Republicans of playing politics. But the Dems are playing politics too. They already knew the GOPers were not going to give the nominee a nod, so they are milking it for all the headlines they can get. This is all about each side trying to make the other look unreasonable, but I think this week cooler heads will prevail and a deal is likely ... nah, just kidding. Nobody will budge.

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- ☒ Slower growth of your toenails
- ☒ Shiny Skin on your legs
- ☒ No pulse or a weak pulse in your legs or feet
- ☒ Erectile dysfunction in men

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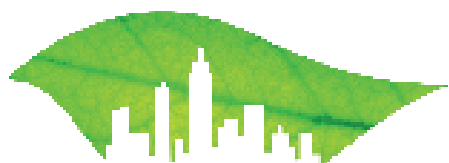
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THOUSANDS of knee arthritis sufferers flock for this advanced medical treatment - How they relieved pain while so many continue to suffer

Knee Arthritis Pain: The Untold Story

Why patients come from all over the Tri-State area for this knee arthritis pain treatment and why waiting can decrease your chance to live pain free. life again

Downtown NYC Medical Institute is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients. Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting drastically decreases your chances to live a pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain. It might even keep you from getting total knee replacement surgery.

Please pay careful attention.

What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance.

In fact, I'm going to have to ask for a bit of patience from you if you have already *unsuccessfully* tried any (or many) other knee arthritis pain treatments.

You see, many knee arthritis sufferers had already tried the treatment we are going to talk about and did not get the results they wanted. But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that makes it much different.

And often gets results when many others have failed.

This is why patients come from all over the tri-state area and beyond to have their knee arthritis pain treated here.

Would You Like Instant Proof?

precisely inject directly into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. **But to be 100% clear** - many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

What Are Treatments Like?

Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like getting a flu shot. You walk out of the clinic just minutes after your procedure.

But There Is A BIG Problem The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at OsteoRelief Institute use advanced digital imaging so they can see the injection going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging miss the joint as

"I cannot ask for better results"



Dr. Stanley Weiner, M.D. - Surgeon

I had surgery scheduled last year. Three months before I made an appointment with Downtown NYC Medical Institute. I was amazed at the ease with which I was evaluated and the treatment schedule implemented. **The results I had at Downtown NYC Medical Institute were outstanding. I cannot ask for better results.** After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's... it's like exact science. **Dr. Stanley Weiner**

"I don't have any pain any more"



After I had the treatments... the last tuneup...

"Hey this feels terrific"



I was diagnosed bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. Downtown NYC Medical said after looking at x-rays they could help. **That procedure is so basic so simple so quick in 15 minutes you are in and out. I did both legs at once which is great. When I got up out of the chair I stood up and I said, "Hey this feels terrific."**

"I feel like a new woman - It's amazing."



If you want instant proof - you can just look at all the actual patient testimonials we have included. These patients were once skeptical just like you... and are now either pain free... or eliminated quite a bit of their pain.

Here's the most important thing: Many said they saw this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did.

Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But we do get

one very common complaint.

And it is: "I wish I started this treatment much sooner." Let's be very clear about this: Time is the most precious thing. There is no way to slow it down - or get any back once it is gone. All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. It's time for you to get rid of your knee pain and start living the life you want and deserve.

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and the more pain you will be in. If you wait too long, the entire knee joint will be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis

pain, here is why you should act RIGHT

NOW: When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically "dries up." The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors

ny patients who are suffering from knee joint t

much as 30% of the time. If you had viscosupplementation without this special digital imaging without good results - this may be why.

That's why Downtown NYC Medical Institute even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups.

Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Downtown NYC Medical Institute use several and great effort is taken to figure out what the best one for YOU is.

What To Do Next If You Are In Pain:

Special Your Invitation

Downtown NYC Medical Institute offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at Downtown NYC Medical Institute.

For a complimentary screening, just call 800-227-KNEE. The screenings fill up fast every month. This screening is no cost and there is no further obligation. Call 800-227-KNEE to schedule your screening. Many of the treatments offered at Downtown NYC Medical Institute are covered by many insurance plans and Medicare. Call 800-227-5633 to schedule your screening.

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I just go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more.

When I'm playing on the course I don't have any pain any more I don't have any aches and pain.

I'm out there playing!

"I feel like a new woman"



I came to the clinic because I was not sleeping at night. My leg was Pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night.

After the treatment I goof around with my grandchildren. I feel like a new woman. It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.



It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... it's done and you're outta there. Now I'm able to take out my bicycle a couple of the guys and myself we took a couple of rides out in the woods and we had a good time and ***I couldn't do that for years and now I'm able to do it again.***



The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

"I am ecstatic with the results of this procedure"



One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for it. You sit there for about 2-3 minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"



Prior the the relief center I was taking (9:30) and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**

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McConnell rules out action this year on high court



Republican U.S. Senate Majority Leader Mitch McConnell GETTY IMAGES

Republican U.S. Senate Majority Leader Mitch McConnell on Sunday ruled out Senate confirmation of Democratic President Barack Obama's Supreme Court nominee this year, even if after the November election it appears the next president may pick a liberal who Republicans would like even less.

In television interviews, McConnell said Republican senators had no intention of confirming Democrat Obama's nominee, Merrick Garland, even if Democrats win the White House in November, putting them in the position

to nominate someone more liberal than Garland when the new president takes office in January.

"I can't imagine that a Republican-majority Congress, in a lame-duck session, after the American people have spoken (in the election), would want to confirm [Garland]," McConnell told CNN.

"That's not going to happen," McConnell told Fox News on Sunday. "The principle is the same, whether it's before the election or after the election. The principle is the American people are choosing their next

president and their next president should pick this Supreme Court nominee."

Nominees to the lifetime Supreme Court post require Senate confirmation. But McConnell says the Republican-run Senate will not hold a hearing or a vote on Garland.


Republicans have said they want the next president to make the selection, hoping their party wins November's election. Billionaire businessman Donald Trump is the front-runner for the Republican presidential nomination.

REUTERS

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Two Indiana deputies shot, one fatally

Two sheriff's deputies in Indiana were shot, one of them fatally, while serving a warrant for drug-related offenses on Sunday, police said.

A suspect, who has not been identified, died in the incident, which took place in Russia-ville in central Indiana, about 50 miles north of Indianapolis, they said.

Deputy Carl Koontz of the Howard County Sheriff's Department was killed in the incident, and Deputy Sgt. Jordan Buckley was wounded, Indiana State Police said. Buckley was in stable condition at a hospital.

The two were shot at after they knocked on the door of a residence to serve the warrant. They then returned fire.



"With an extremely heavy heart I'm sorry to report Deputy Carl Koontz has succumbed to his wounds," a State Police spokesman, Sgt. John Perrine, said on his Twitter feed.

Koontz had been with the State Police for nearly three years, while Buckley was a nine-year veteran of the force, according to Perrine.

REUTERS

BRIEF

Texas woman charged with putting 2-year-old daughter in heated oven

A mother in Texas has been arrested and charged with child abuse on suspicion of burning her 2-year-old daughter by putting the child into a heated oven, a sheriff's department said on Sunday.

Tasha Hatcher, 35, was arraigned over the weekend on a first-degree felony charge of causing serious bodily injury to a child for the incident that took place on Thursday, the Somervell County Sheriff's Office said in a statement.

The child, who was not identified by name, was taken



Hatcher
FACEBOOK

by air to a burn center in Dallas, about 70 miles northeast of where the incident took place in Glen Rose. Hatcher has not spoken to news media about the incident. There was no phone number listed for her residence in public records.

REUTERS

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Presenters: Freya Schnabel, MD; Carmen Perez, MD; Marleen Meyers, MD.

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Ben Affleck insists his back tattoo is fake

We've all been having a good laugh about the massive phoenix tattoo on Ben Affleck's back. Or, at least, his exes have. Jennifer Garner teased, Jennifer Lopez said it looks awful, the rest of us agreed. But I guess the joke is on us, as Affleck himself insists to no less reputable of a source than Mario Lopez that it's a "fake for a movie," so calm down. "I actually do have a number of tattoos," Affleck says. "But I try to have them in places where you don't have to do a lot of cover up. They get sort of addictive, tattoos, after a while." Fine, whatever. Does this mean he'd rather we talk about his suspiciously smooth and youthful face looks all of a sudden?



ALL PHOTOS GETTY IMAGES

Jenny Beavan explains her Oscars look

Hey, remember at the Oscars when Jenny Beavan won for her costume design work on "Mad Max" and instead of applauding, a bunch of guys — including "The Revenant" director Alejandro Inarritu, "Spotlight" director Tom McCarthy and Quincy Jones — just frowned at her, arms crossed, apparently reacting to her leather jacket and

trousers awards show look? Well, Beavan doesn't. "I was blissfully unaware," she tells the Guardian. After doing the backstage rounds and getting back to her seat, she learned about the bubbling uproar on social media over her look. "The thing that lots of people are missing is that I was wearing a costume. An homage to 'Mad Max,'" she explains. "I have no interest in clothes other than what they tell me about a person. I am a storyteller — I'm not interested in fashion."

And while the hubbub over her attire and others' reactions to it has been maybe a little annoying, she's happy to be part of the conversation. "I'm a feminist with a small F," she says. "In fact, this is probably the first time 'gender' has ever been any kind of an issue for me. But if all this is important, then I would like to use it for good. I'll help, but I'm not willing to become a band leader."



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DAILY VIDEO CALORIES...



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Foods you thought were healthy but actually aren't

It's really about time we stopped assuming something's healthy just because the commercials say so. This BuzzFeed video does a quick and snappy job of tackling how things like added sugars in granola and smoothies and extra sodium

in "healthy" chip options can make packaged versions of supposedly healthy foods surprisingly less so. The best — and probably most widely reported — is that fast food salads like the ones McDonald's has been pitching as a healthy alternative can sometimes have more calories than a Big Mac. And honestly, why are you getting a salad at McDonald's anyway? You're at McDonald's. Actually be at McDonald's.

Jeremy Renner wants his own Marvel Netflix series

Jeremy Renner plays one of the Avengers who hasn't gotten his or her own film — and doesn't, at this point, have one on Marvel's massive, years-long release schedule — but he's willing to negotiate to get Hawkeye some solo action. Like, for instance, a "Daredevil"-style Netflix series? "I've really enjoyed getting to explore the character more recently," Renner said at Silicon Valley Comic Con this weekend. "The Netflix model is where all the character drama goes to now, you're doing a superhero movie



or a Netflix or HBO kind of model. So I'd be open to it. Not up to me, though." Come on, Marvel. Throw an archer a bone.



There's a mural of Kanye making out with Kanye

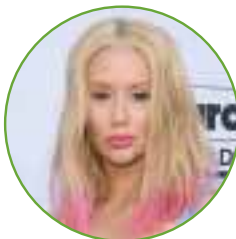
Artists find inspiration everywhere, so why not from the brightly burning flame Kanye West clearly holds for his absolute favorite person in the world? No, not Kim Kardashian, silly. I'm talking about West himself. Nobody loves Kanye like Kanye loves Kanye, which just so happens to be a concept that Australian artist Scott Marsh took and ran with, adorning a wall in

Sydney with a 20-foot mural of West making out furiously with himself, hands all groping and impassioned. The image is based on a make-out photo of West and Kardashian from the 2015 Grammys red carpet, so the shorter West in this scenario has a rather impressive rump — something I don't think either Kanye would complain about in this scenario.



@rickygervais

Every time you worry about what some idiot thinks of you, you waste a few more precious moments of your short life.



@IGGYAZALEA

theres a girl chopping up fruit with her ponytail on umizoomi right now. here for it.



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The sound of one hand clapping is the same as two hands clapping. It's one sound!



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Don't worry guys - Scott Baio just endorsed Trump but Bull from Night Court is hoping for a brokered convention.

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Melissa Rauch takes comedy into her own hands

The "Big Bang Theory" actress wrote her own vehicle with the crazy "The Bronze."



MATT PRIGGE
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Melissa Rauch doesn't want to wait around. Rather than twiddle her thumbs before a great gig came up, she decided to create something herself. Hence "The Bronze," an indie comedy co-written by herself (and her husband, Winston), in which the "Big Bang Theory" actress, 35, also stars as Hope, a star gymnast hobbled by an injury in her teens. When we catch up with her she's washed up, living in a Nowhere, Ohio, town acting aggressively toward everyone, including an aspiring young gymnast (Haley Lu Richardson) who hires her as a trainer.

Was Hope a character that originated in some form in your early comedy and improv days? You know, it wasn't. It was really birthed out of the script. We decided on the story first and this world of celebrity. Once we started going into her psyche, she developed from there. Even in the outline phase she wasn't as, I guess, toxic and tough and vulgar. That all came once we started talking about how depressed and bitter she was. That was also a rebellion against all she was told over the years about how to behave. Now she's cut off from what she wants to do by her injury. That vulgarity is her rebelling against everything she was told to do.

It's useful to follow characters who are dealing with the fallout of failure and disappointment. We usually make movies about

winners.

What fame does to the psyche is really interesting. It's worse when you're passionate about what made you famous. If you become a reality star, when that fame fades there's not that same desire to keep doing it. But when your fame is from your sport or from acting, and you're suddenly cut off, especially from an injury, then it just highlights your detachment. That's obviously the case for Hope. She's trying to hold onto any bit of fame she can, because it reminds her of that happiness.

You wrote this with your husband, Winston. What is it like writing with a spouse?

We started as writing partners before we got together as a couple. We met in college and wrote all though college together. If we started writing after we were a couple I don't know how that would have gone. But because it's the basis of our relationship we have a really good best-idea mentality. When you're



Melissa Rauch co-wrote and stars in "The Bronze," an indie comedy in which she plays a former star gymnast who never got over past glories. **SONY PICTURES CLASSICS**

GETTY
IMAGES

That crazy sex scene

I usually hate asking about sex scenes, but there's one here, between your and Sebastian Stan's characters, that's so completely insane I have to ask: What on earth was that like to shoot?

[Laughs] We wrote that scene in the script with the words, "The most crazy, epic gymnastic sex scene ever." We bullet-pointed the moves we wanted to do, and our gymnastic coordinator, Kristina Baskett, who's a gymnast herself, choreographed it. We had two Cirque du Soleil

dancers as stunt doubles — although Sebastian does a lot of the scenes. He learned the whole routine and his body double stepped in for the more technical moves. We shot that in a room in a motel which actually had those rings on the window. [Ed. Some of their maneuvers involve a pair of gymnastic-looking rings, as you probably surmised.] It's a handicap-accessible room. So people can go there and rent out the room if they want. Disinfect it first, but it's there and available to re-create the scene. I take no liability if anyone gets hurt.

not comfortable with the person you're writing with, you can be too nice, whereas as husband and wife we can just say, "Oh, we can

do better than that." I do take advantage of that mentality in our married life, like, "The best idea is for you to take out the garbage. Go do that."

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Jonny Weston goes to the dark side

In "Allegiant," the young actor got to see what it's like to stir up an angry mob.



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When we call him, Jonny Weston is busy watching "Scooby Doo."

"I just watch it to decompress," the actor says, talking to us after an intense weekend promoting the third "Divergent" film, "Allegiant," in which he plays Edgar, an intense bruiser with a thin mohawk. In the second film, "Insurgent," he was a member of the rebellion; in the third he's an enforcer for the fascist rebel leader played by Naomi Watts, hunting down our heroes, including Shailene Woodley's Tris and Theo James' Four.

But back to cartoons. In addition to being a "Scooby Doo" nut, he's way into "Rik and Morty," the Adult Swim great about a mad scientist grandfather and ever-nervous



GETTY IMAGES

Jonny Weston, right, plays an enforcer working for a rebel leader turned maniac (Naomi Watts) in "The Divergent Series: Allegiant." MURRAY CLOSE

grandson traveling between planets and dimensions. "One of my goals when I get older is to play Rik in real life," Weston says. Failing that, he wouldn't mind just doing animated voiceover. "I'd get to show up for work looking horrible, eating Doritos all day. I could get horribly fat and have this great career in cartoons."

Anyone who does animated voiceover will tell you about how it involves saying whatever and having no idea what will end up in the finished product. But don't

assume live-action work means having a sense of control.

"Oh, I gave that feeling up in live-action long ago," he says. Even on "Allegiant," director Robert Schwentke would shoot and shoot, having the actor try countless different things in character. "I'd produce as much variety while still being within the boundaries of Edgar. But then I wouldn't know what takes he was going to use," Weston says. "I saw this movie a couple days ago, and he used my best takes."

Born in 1988, Weston

is, like "Allegiant" stars Woodley and Miles Teller, very much part of the new wave of exciting young actors taking over Hollywood. Also like them, he's compulsively cast as characters far younger than he is. He's played high school age as recently as last year's "Project Almanac," and he was post-college age in the Zac Efron DJ saga "We Are Your Friends." Even his nice-guy roles tend to have an edge to them, as with his assertive, wheelchair-bound kid in love with a middle-age ex-punker (Juliette Lewis) in the indie

"Kelly & Cal."

In "Allegiant" the downtrodden characters allow the dark side to take over. Still, Weston wanted to make sure Edgar wasn't just a brute. "None of them are sure what they're doing," he says. "They've been told they're doing the right thing. They assume the person they're following is doing the right thing."

Still, Edgar, at least, corrupts absolutely, seizing his newfound power to become a dangerous bully. One of the first scenes in "Allegiant" finds him lording over a gigantic mob, who are hooting and hollering over a rash of mock-trials and executions of people who were part of the city before it was overthrown.

"It was basically 250 people surrounding me, all screaming at my command on every take," Weston remembers. "It was both humbling and its opposite: It was ego-blasting as well. I had 250 people, dressed like me, who were my people, who trusted in me as their military leader. I could turn the room with the tip of my tongue."

He says he gets why people, even presidential contenders, can't get enough of screaming crowds. "I felt like I was on fire," he says. "It was intoxicating."

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Rachel Roy's guide to building a workplace wardrobe

In her new book, the designer and style icon explains why she follows her intuition — not the latest trends.

 **ALIZAH SALARIO**
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It's a perennial dilemma: No sooner do we emerge from the cocoon of down jackets than we start dreading the unveiling of unmanicured toes and rounder winter frames.

If you want to actually enjoy getting dressed for work this spring, then designer and style icon Rachel Roy's "Design Your Life: Creating Success

Through Personal Style" will speak to you. Roy — whose feminine dresses have appeared on the likes of Michelle Obama and Kim Kardashian — is more concerned with following her style intuition than the latest trends. She gave us five tips for dressing up for work — and life — this spring.

Sharpen your style vision

Curating a vision board can help you "realize what you are trying to call into your life," says Roy.

"There doesn't have to be any rhyme or reason [to the board]; you don't have to be a creative per-

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son, per se. You just pull out what you're drawn to. It can simply be colors, or if you're feeling motivated by certain words — the sunset, whatever it is you love and are going toward — that's what should be on the board."

Find your own trends

Instead of hunting down the latest fads, seek out your personal "must-haves" — the wardrobe pieces that make you feel confident and most like yourself.

For Roy, who counts Cary Grant among her style icons, it's all about trench dresses and blazers. The trench "instantly polishes you up, and is flattering on the body,

and, blazers can add shape to any outfit," she says. Want to incorporate a trend into your outfit? Roy suggests sporting a new spring lip or nail color.

Invest in your frame

Growing up, Roy owned one pair of knockoff tennis shoes at a time. The day she bought her first pair of Manolo Blahniks (on sale) was epic, and it taught her that certain pieces are worth investing in.

"After shoes, for me it would be a handbag or a watch. So again, [wardrobe staples] refers to how are you framing yourself," she says. "The shoes, the handbag, and then the watch, in that order. You can start gifting yourself those pieces. They last, and you can have fun with everything else."

Dress like a #boss

Roy doesn't believe in hard-and-fast workplace wardrobe rules. She does, however, believe in effort. "You must make the effort to show that you are grateful, thankful

and respectful for the opportunity that you've been given. There's many places in the world where people can't find work, or aren't allowed to work. Coming from the daughter of an immigrant father, I take very seriously the opportunity to work," says Roy. "With that said, I like to give women easy options to get there."

Don't underestimate your style power

Our clothing, says Roy, helps to shape our state of mind.

"When I got into fashion years ago, for some reason people did not want to correlate what you put on your body with what you feel. It was made to kind of be vain, even," says Roy. "For me, putting on a beautiful dress or a well-fitted blazer makes me realize what's beautiful about life. When you put something on and you feel better about yourself, you stand up a little taller. The fact that that can start with a dress, or a jacket, I think that's a wonderful thing."



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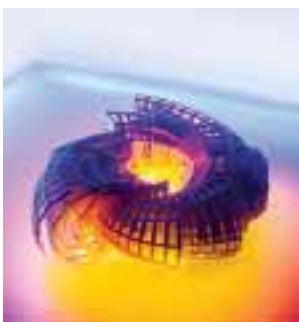
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Athletes are investing in workplace diversity portal Jopwell

Jopwell connects recruiters with minority job seekers who are underrepresented in tech and finance.



ALIZAH SALARIO
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Many companies pay lip service to diversity. In some cases, it's a way to pat themselves on the back without actually making real efforts — or real change.

Change does require a little innovation, and that's why Ryan Williams and Porter Braswell launched Jopwell in 2014, a platform that connects black, Hispanic/Latino and Native American students and young professionals with top-notch companies.

As undergraduate interns on the trading floor at Goldman Sachs, they recognized the flaws inherent in the way big companies go about diversifying their workforces.

“When we were working [at Goldman], they would ask us to help them to recruit diverse candidates [from our universities],” says Williams.



Ryan Williams and Porter Braswell PROVIDED

“We saw how companies in consulting were placing an emphasis on diversity, but their efforts weren't refreshed.”

Here's how Jopwell works: Job seekers create an online profile and pursue openings, while recruiters from companies like Facebook and Microsoft can reach out directly to candidates they find online.

Their approach is working: the company recently attracted numerous big-name investors, including Magic Johnson Enterprises and Joe Montana's Liquid 2 Ventures.

Williams offered some tips to college grads hitting the job market.

How does a diverse workforce change a company's culture?

Having different backgrounds in the room, having different perspectives, it helps to avoid groupthink and to ensure companies can build products and services that cater to customers as diverse as our country.

What should first-time job seekers know?

Explore options you might not have considered. The landscape of these tech firms has unfortunately not been very diverse, and each graduating class is hopefully an opportunity to change that.

What's next?

The companies are getting serious about diversity, and what excites us is the reality that the landscape can and will change.

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GOOD CALL TO MAKE HARVEY HAPPY

There should be no debate or criticism as Mets manager Terry Collins made the announcement last Thursday that Matt Harvey will be the opening day starter for the Mets against the Kansas City Royals on Sunday night, April 3, in a World Series rematch at Kauffman Stadium.

I understand that the question surrounding Jacob deGrom's availability came into play for Collins. DeGrom and his wife are expecting their first child on April 5. Put that aside for a moment, Harvey deserved the nod.

I know that Collins said he had four options for the honor of opening up the 2016 season when you look at the eye-opening depth of quality arms in the Mets starting rotation. But often times we get too caught up in a debate of who deserves it and who has earned the honor.

Harvey went 13-8 last season with a 2.71 ERA and a 1.02 WHIP over 29 starts. He made four starts in the postseason, including the World Series opener, and went 2-0 with a 3.04 ERA with 27 strikeouts in 26 2/3 innings of work. Unlike a year ago, there will be no innings limit. No more distractions when it comes to his agent, Scott Boras, and no more post-Tommy John surgery protection.

And there there's this: Matt Harvey wants to be the Mets' leader. He wants to be the best starting pitcher in that clubhouse. He is the alpha male of the pitchers room. He really represents the beginning of the change at Citi Field.

When you look up the definition of alpha male, it states that the individual has "certain unmis-

MARC MALUSIS

OPINION

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio.
@marcmalusis



takable characteristics. A natural leader, he is a pack-builder. He leads, provides for and protects his pack (his significant other, his buddies, his teammates)."

Yeah, we can still quibble about his overall leadership because of the innings limit disaster from a year ago. But remember, Harvey was the first starter of this bountiful group of power arms to crack the major leagues in Arizona on July 26, 2012. He was the first sign of hope that things were eventually going to change in Flushing, Queens.

For Collins, if what is best for the team is for Harvey to start because he knows he will get the best out of Harvey, then how does he make any other choice than the one he made?



Matt Harvey will get the ball on opening day. GETTY IMAGES

Collins is paid to not only manage his teams during the games, but to also know what makes his players tick. You have to be a clubhouse psychiatrist. If this is what Harvey needs — the spotlight, the love and the validation by giving him the opening day start — then

that is fine by me.

Plus, I do believe Harvey deserves it. We can debate the long-term future of Harvey and the Mets at a later date and another year. Right now, this is all about trying to win a World Series in 2016, avenging the

loss in last year's Fall Classic and bringing a title back to Queens for the first time since 1986.

All the reports coming out of Port St. Lucie is that Harvey looks focused and ready to go. He has even flashed the long-lost slider in the spring, a pitch that is a

sure game-changer when he has it going.

Harvey looks set and ready to go for a big 2016 campaign. He gets the start on opening day, and there was really no other decision for Terry Collins to make.

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DOCKET NUMBER: 2015-DR-10-2758
SANDRA SIMMONS, PLAINTIFF V. ADEKUNLE AREMU, DEFENDANT,

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NOTICE IS HEREBY GIVEN that a license, Number 1292695, for Beer & Liquor has been applied for by the undersigned to sell Beer & Wine at retail in a Cafe under the Alcoholic Beverage Control Law at 2937 Atlantic Ave., Brooklyn, NY 11207, for on-premises consumption. Astor Row Café LLC.

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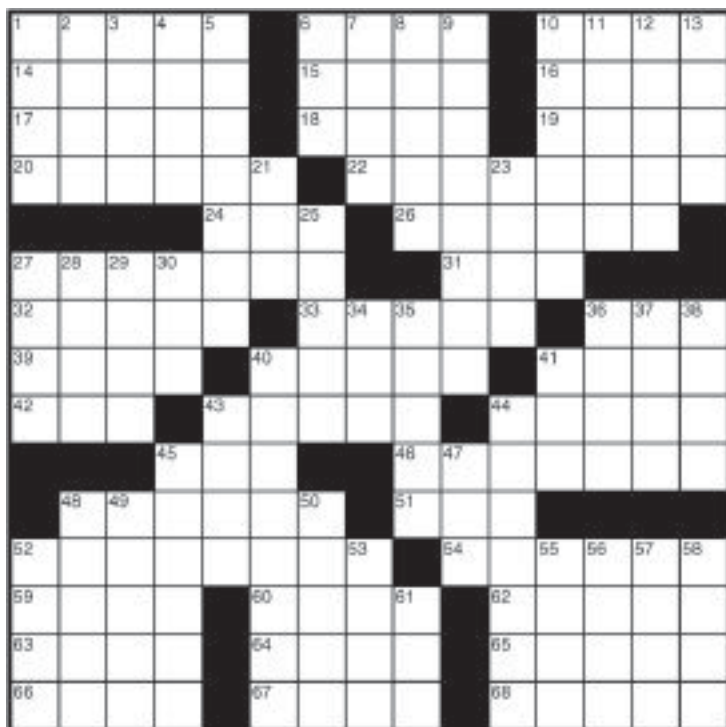


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- 10 Flung
- 14 "Maria —"
- 15 Humdrum
- 16 Emir or sheik
- 17 Talks wildly
- 18 Rice wine
- 19 Wire thicknesses
- 20 Sight
- 22 Got nervous (2 wds.)
- 24 Toshiba rival
- 26 Was a "sound" sleeper?
- 27 Indonesia's capital
- 31 — woodchuck would ...
- 32 Loan-sharking
- 33 Rigg or Ross
- 36 Best medicine?
- 39 Philosopher Immanuel —
- 40 Lamp-plug part
- 41 Drive a semi
- 42 Eur. nation
- 43 Monster
- 44 John, Paul, George and —
- 45 Elev.
- 46 Slipped by
- 48 Tile mural
- 51 Show distress
- 52 Remote
- 54 Do a favor for
- 59 Raines or Fitzgerald
- 60 Glamorous wraps

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- 62 Smidgens
- 63 Twinge
- 64 Kinks' hit tune
- 65 Does a barber's job
- 66 Very, to Yvette
- 67 Was very thrifty
- 68 Have a premonition

Down

- 1 Griffin of game shows
- 2 Jai —
- 3 Studies
- 4 Not pro
- 5 Concrete work
- 6 Weightlifter's pride
- 7 — du jour

- 8 Gathers in
- 9 Clammering up
- 10 Image maker
- 11 Hitch — —
- 12 Cantina toast
- 13 Recipe meas.
- 21 After deductions
- 23 Lobby furnishing
- 25 Tight-knit team
- 27 Feint
- 28 Cold — — icicle
- 29 — fu
- 30 Easel display
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- 35 Altiplano locale
- 36 Neutral colors
- 37 Kind of sled
- 38 Earthy lump
- 40 In a sorry state
- 41 Diet target
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- 45 Most people
- 47 London lav
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- 49 Dragon of puppetry
- 50 Con man
- 52 Equinox mo.
- 53 Ivy League member
- 55 Practical knowledge
- 56 Pack — — (quit)
- 57 Whale herds
- 58 Latin I verb
- 61 Gloomy

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easy

1		5			8		2	9
		7			4		3	8
						6		
	6	9			5			
4			9	1	7			3
			6			9	4	
		1						
2	3		4			1		
8	7		2			3		6

hard

7			3		5		9	4
				8				6
	4		6			3		
9				8			1	3
4								5
3	2		5					8
		7			6		2	
1				7				
6	9		2		1			7

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Aries Confusion will result if you are inconsistent or send mixed signals. Consider your options before you initiate a change. Nurture your mental, physical and emotional health.



Taurus Spend time with loved ones today. A serious discussion will lead to the changes you want to make. You can lower your overhead if you consider an alternative lifestyle.



Gemini Check over personal papers and size up your financial obligations. Look for a way to avoid costly expenditures. Keeping secrets will lead to repercussions.



Cancer Helping others will bring you satisfaction. Romance will bring you closer to someone special. Make your arrangements early in order to avoid unpredictable situations.



Leo There is a fine line between being relentless and vengeful. Consider your motives and try your best to do what's right. Use your intellect, charm and expertise to get ahead.



Virgo Romance should be your priority. Sharing your feelings, intentions and plans will enhance a cherished relationship. A day trip will lead to a memorable journey.

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Libra Put your cash in a safe place and work diligently to lower your overhead. Personal and home improvements should be geared toward future financial gains.



Scorpio Express your feelings. Negotiate on your behalf instead of relying on someone else to do so for you. Romance is encouraged. Use your imagination and make plans for two.



Sagittarius When it comes to being informed, you are best off making your conclusions based on fact, not hearsay. An honest approach to whatever you do will help you avoid a mishap.



Capricorn Consider your dreams and work toward building a lifestyle that will help you reach your goal. Love and romance will make your success worth so much more.



Aquarius Look out for pitfalls. Not everyone will be on your side or willing to help. Precision and dedication on your part will pay off. Don't fear making a personal change.



Pisces You may want to revise the way you live or how you earn your living. There is room for improvement, and with a little motivation, you'll capture your dream. EUGENIA LAST

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